



Dean Ornish Advantage Prevention Program

3 REFERENCE

Dean Ornish Advantage Prevention Program Manuals PEIA web site:

[Http://www.WESTVIRGINIA.COM/PEIA/PAGE.CFM?SECTION=114&STORYID=5236](http://www.WESTVIRGINIA.COM/PEIA/PAGE.CFM?SECTION=114&STORYID=5236)

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Dean Ornish Advantage Prevention Program

1. POLICY

The Dean Ornish Advantage Prevention Program is one of the two Ornish based programs offered to PEIA members. This program was initially offered in 2003 to PEIA PPB Plan members who did not qualify for the Dean Ornish Program for Reversing Heart Disease.

Eligible members will receive six weeks of training in the Dean Ornish Advantage Prevention Program for a co-pay of \$48.00 without having to meet a deductible. The co-pay will be collected at the site, at the first meeting. The once in a lifetime benefit is available to PEIA members who meet one of the following criteria:

- Age 50 or older;
- Family history of coronary artery disease or hypertension;
- Personal history of cancer;
- Body mass index greater than 25;
- Metabolic syndrome, but not meeting requirements for Ornish reversal.

This program is less rigorous than the Dr Dean Ornish Program for Reversing Heart Disease. For example, the dietary portion of the prevention program allows a member to have fish and chicken while fat can constitute up to 15 percent of food intake per day. The heart disease reversal program limits fat to 10 percent of food intake and is entirely vegetarian.

Participants meet weekly for training, which also includes physical activity and relaxation training. In addition to weekly training, participants receive:

- Full lipid profile, personal wellness profile, blood pressure screening, body fat composition and body mass index both before training and at 12 weeks;
- Wellness center health history;
- Everyday Cooking cookbook;
- CD on stress management.

2 PROCEDURE

The Ornish hospital sites prepare a participant inquiry and eligibility form. Upon Wells Fargo's receipt of the completed forms, the member's potential eligibility is scored and insurance coverage is verified to finalize determination of the member's participation in this program.

Invoices for the member's participation in this program are sent to Wells Fargo for processing. Review consists of indentifying the member and the dates of service in which they are attending the program at the various sites.
